

4 Person Focusing Workshops

4 hour (\$125/person) or 8 hour (\$250/person)

With Robert L. Lee, Ph.D., Psychologist

Adapting Focusing More Specifically to Your Needs

Offerings in this Format

Level 1 Workshop (requires 8 hour workshop)

- *Feeling the Whole of a Situation
- *Thinking and feeling Together
- *Self Empathy
- *Wild warm wonderful following (listening)
- *The art of focusing partnership

Domain Focusing (for those with previous exposure to focusing)

- *Differentiating Thinking, Felt Sensing, Self-Empathy (the Domains)
- *Differentiating your listening for each domain
- *Schematizing the thread of your focusing session
- *Sophisticated work on personal and professional situations

More Focusing

- 1:1 work with Robert Lee in the 4 person group (about 70% of the workshop)
- Relevance of the guided session to focusing in general
- Schematizing the thread of a focusing session (especially for observers)
- Relevant information is presented to stimulate sessions (focusing partnership, other ways of clearing a space, depression, working with business, changing the unchangeable)

Focusing Supervision (for professionals using focusing in their work; e.g. psychotherapy, etc.)

- * 1:1 work with Robert Lee in the 4 person group about a professional situation (about 70% of the workshop)
- Relevance of the guided session to using focusing professionally and personally
- Schematizing the thread of a focusing session (especially for observers)
- Relevant information is presented to stimulate sessions; e.g. the use of focusing in psychotherapy, business, churches, schools, creativity, or health

Focusing Supervision Practica (for trainers and trainers in training)

- Developing your Following—good guidance comes only from good following
- Reciprocal Invited Guidance—adapting partnership to your professional needs
- Felt Sensing in the midst of Professional Action
- Practicing Real Time Felt Sensing of Professional Situations

Macroshifting: Changing the Unchangeable through Focusing

- Orientation to the Macroshifting Theory
- Choosing a Project
- 1:1 work illustrating Microwork, Time Looping, Macrowork and Antistranding
- Relevance of the guided session to macroshifting and focusing

Advanced Focusing Training (toward certification and BEYOND)

- Periodic workshops
- Guest Teachers
- Partnership Practice and Supervision
- Sustaining Focusing Endeavors (professional practice, changes groups, businesses, associations)

Robert L. Lee Ph.D. is a Certifying Coordinator for the International Focusing Institute. He is an innovator in focusing teaching, the use of focusing in psychotherapy, the training of focusing therapists, and the application of focusing to special problems like Changing the Unchangeable. He is a psychologist, formerly in Boston, now in Costa Rica.